

# Laverstock & Ford

## PARISH NEWSLETTER

*For Laverstock & Milford Ward, Bishopdown Farm Ward  
Ford, Old Sarum & Longhedge Ward*

# Special COMMUNITY Edition

**Issue 181**

**May / June 2020**

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# Welcome to our special Community Edition

We hope this Newsletter finds you coping well with all the changes life has presented us with since March. Inside you will find guidance on where to find support and help in these difficult times plus some old familiars. Before you go any further we thought you might like the following reflections on March from Penny Theobald, enjoy (see also pages 13 - 16).



## Notes from a Lazy Birdwatcher

We live in a bungalow, so our bedroom is at ground level. Sitting up in bed with the first coffee of the day, we can watch a blackbird come to the bedroom window bird feeder. I have even had to remain motionless when half dressed, so that the blackbird can finish its breakfast undisturbed. From the bed I can see another feeder further away, on our cherry tree. Here goldfinches squabble with each other, greenfinches and a robin. Further away still, a pair of magpies are putting the finishing touches to their domed nest in a large tree two gardens along. I have had to move the bedroom window feeder higher up on the windowpane, so that a magpie cannot stand on the sill and guzzle the lot. Great and blue tits come to the feeder - they don't hang around, just grab a seed and take it to a nearby bush to consume before returning for another. Dunnocks and chaffinches hop about under the feeders, making the most of what the more acrobatic birds drop. I have to get out of bed to see these, but have arranged to sit at breakfast looking out on the patio, where fat pigeons waddle about and are sometimes joined by their slimmer cousins, the collared doves. A handsome cock pheasant (and doesn't he know it!) struts about, crows and flaps his wings. If the female appears, she is relentlessly pursued. Also while I am dressing I can enjoy a large display of pale yellow primroses. These are really good value - the first plant flowered before Christmas, and they usually keep going until May. Behind them, later in the day the bright shiny yellow stars of the lesser celandine open. It is such a lovely time of year, make the most of it - look out of the window and when you can, get outside and enjoy it all. Nature really does lift the spirits.

*The Parish Newsletter is published six times a year for the benefit of parish residents.*

*However, articles included do not necessarily reflect the views of the Parish Council.*

*Advertisements for any business or service does not imply a recommendation by the Parish Council.*

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# Coming Together as a Community

*Cllr. Nick Baker looks at the Community response to COVID-19 and the Parish Action Plan.*

This pandemic has had an impact on our community greater than any event we have seen since the second world war. Every single person in our community has a role to play. For some of us it is through following the government's instruction that we "stay at home, protect our NHS, save lives". Others are very much on the frontline in the NHS, care homes, ensuring that we still have access to food and essential supplies and working at Public Health England. Whatever our role, we know that in years to come we will have played a part in a story which will have become part of the world's history.

Suddenly things which seem very ordinary such as popping out to the shops for a loaf of bread or picking up a prescription becomes more of a challenge and some of us have had to depend on the help of families, friends and neighbours. This edition of the Newsletter will have suggestions for what you can do to support your neighbours, stories from some of the groups which are already in place and information about how you can get help.

It has been amazing to see the scale of response within our community to support those who are self isolating. Given the scale of the situation it is only when support is provided by neighbours and friends that local authorities and voluntary groups will be able to fill in the gaps. As a Parish Council we have been trying to do what we can within our power to support our community at this time, with a particular focus on those who are self-isolating and have no access to the internet.



We have set ourselves five key priorities:-

- To manage our facilities to support government policy and promote the health and wellbeing of our community.
- To mobilise local residents to support their neighbours
- To build up a map of streets in the parish which have neighbour-to-neighbour support in place and build up a list of contacts.
- To send out a leaflet via Royal Mail door-to-door to ensure that every household is aware of the contact numbers they can call if they need help and can't get it from family, friends and neighbours.
- To continue publishing our newsletter as a source of information encouragement and to combat isolation.
- Despite the current situation much of the usual business of the Parish Council continues. Do keep an eye on the Parish Council Website for information about meetings, planning applications, grants and our facilities.

Below is an example of how you can offer help to your neighbours. Scan it, Print it, Fill it in and pop this through their door. For more groups in the area that are offering support see [pages 7 - 8](#).

**HELLO!** If you are self-isolating, I can help.

**My name is**  
.....

**I live locally at**  
.....

**My phone number is**  
.....

**If you are self-isolating due to COVID-19 I can help with:**

☐ Picking up shopping

☐ Posting mail

☐ A friendly phone call

☐ Urgent supplies

Just call or text me and I'll do my best to help you (for free!)

Coronavirus is contagious. Please take every precaution to ensure you are spreading only kindness. Avoid physical contact (2m distance). Wash your hands regularly. Items should be left on your doorstep.

#ViralKindness

## Neighbours, everybody needs good neighbours...

Life is feeling very different for many of us at the moment. Some of us are working from home and in our communities more than ever, some of us who are more vulnerable to the COVID19 virus are effectively confined to our homes unable to go out and shop or pick up prescriptions. We are all full of admiration for those who work in the NHS, care and other essential services and many people are thinking about how they can play their part.

'One of the simplest and most powerful things we can do is to offer to support our neighbours at street level. This is particularly valuable for those who do not regularly use the internet or social media which many people are using to ask for or offer support. We are hearing examples of this happening across the parish, from Milford to Bishopdown farm and beyond.'

*Laverstock resident, Emma Bennet explains how she used social media to respond to a Global Pandemic at a hyper-local level :*

"I decided to set up a group on facebook called 'Laverstock Help Group for the Vulnerable' as soon as we realised that the Corona-19 Virus was escalating from news of a crisis to a pandemic. I invited all friends who lived in Laverstock and then asked them to share with their friends. I then asked people to contact me if they wanted to volunteer to help. This took off quickly and I soon had a group of about 15 helpers in different areas of the village. I have had several calls from Age UK where they have let me meet with the elderly and their carer before moving forward with help. We are only a small community so cannot provide a hub at this time but we are doing all we can. We use a 'form' that is posted through every house in the street for them to call for help. I have also had calls from people in Wales and London who have local relatives."

Different streets have done similar things in many different ways. Some have used Whatsapp groups and existing groups such as the Milford Preservation Group have mobilised to support their neighbours; like Emma Debbie Sayers started a facebook support group in Bishopdown Farm, The Duck Inn set up an outside stall and delivers beer by Tuk-Tuk, our three secondary schools have been working together to 3D print PPE masks, everywhere we see ingenious community actions.

For more FB groups and pages see [page 38](#)



# Where Can I get Help if I Can't Leave Home ?



Over the first few weeks of operation the team delivered over 518 food parcels, contacted over 5,063 by letter, contacted 5,679 by phone and received 1,559 calls to the wellbeing hub and 473 emails.

This can be a challenging time, especially for those who need to stay at home all of the time as they have symptoms of the virus or are particularly vulnerable to it. The good news is there is lots of help in your community if you are in this situation.

If you are at home and you are unable to get out and do your shopping, pick up a prescription or are struggling with feelings of isolation then Wiltshire Council has set up a wellbeing hub. This has been designed to support those who are not already receiving support from family, friends or neighbours.

Staff from Wiltshire will be able to offer you support, drawing on their own resources and those of the many local community groups which have been set up to help people at this time. Their phone number (0300 003 4576) is open from 8am to 8pm Monday to Friday and 10am to 4pm at the weekend.

To access all the up to date wiltshire council Covid-19 information, a map showing where support is offered across the County and further guidance including links to further support :

<http://www.wiltshire.gov.uk/public-health-coronavirus>

# SOWING SEEDS of SUPPORT

**Age UK Salisbury:** 0808 196 2424 (free phone) St. Michaels Community Centre, St Michaels Rd. SP2 9LE email [enquiries@ageukwiltshire.org.uk](mailto:enquiries@ageukwiltshire.org.uk)  
Age UK: National: 0800 169 6565

**Alabare Riverside Sanctuary:** 01722 466680 1500 - 2300 hrs. Confidential phone line for anyone in mental health crisis.

**Alzheimer's Society:** Dementia Support Line 0333 150 3456 Alzheimer's Society's online community, Talking Point, can connect people affected by dementia with others to share tips and ways to cope during this crisis. It can be accessed online for free, night or day [alzheimers.org.uk/talkingpoint](http://alzheimers.org.uk/talkingpoint)

**Bishopdown Farm Covid-19 Support Group:** Facebook Group email [parkfarm21@yahoo.com](mailto:parkfarm21@yahoo.com)

**Carers Support Wiltshire:** 0800 181 4118

**Childline:** 0800 1111

**Citizens Advice:** 03444 111 444

**Helping Hand Hotline:** IT Support for elderly & vulnerable people.  
01249 470 148 email [helpinghand@avgio.co.uk](mailto:helpinghand@avgio.co.uk)

**Laverstock Help Group for the Vulnerable** Facebook support group

**Let's Help Each Other - Old Sarum and Longhedge** Facebook support grp

**Milford Bridge/Riverbourne Road & Roads nearby:** Neighbourhood support group email [davidlovibond@laverstock-ford.co.uk](mailto:davidlovibond@laverstock-ford.co.uk)

**Mind:** 0300 123 3393

**National Domestic Abuse Helpline:** 0808 2000 247

**Salisbury / Wiltshire Self Isolation SupportGroup** Facebook group

**Salisbury Foodbank:** Unit 6b, Ashfield Trading Estate SP2 7HL. Open between 1400 - 1600 hrs on Mondays, Thursday & Fridays (Donations welcome week days between 1000 - 1600)

**Salisbury Salvation Army:** 01722 322553 Food Bank vouchers, emergency clothing, prayer and emotional support.

**Samaritans:** 116 123

**The Duck Inn:** 01722 327678 for Beer and fresh food (phone in advance)

**Wessex Community Action** 01722 326822 working with SalisburyCC.

**Wiltshire Wellbeing Hub:** 0300 003 4576 for vulnerable residents with no support network email [wellbeinghub@wiltshire.gov.uk](mailto:wellbeinghub@wiltshire.gov.uk)

**Wiltshire Centre for Independent Living:** 0300 123 3442

**Wiltshire Council** has produced two great resources, a **community pack** and a **volunteer pack** which can be downloaded from [Wiltshire.gov.uk](http://Wiltshire.gov.uk)



# NEWS IN BRIEF

- **Corona Virus precautions see *pages 4 - 8***
- At its meeting on the 17th February David Law our recently retired Newsletter Editor was formally presented with the Freedom of the Parish.
- The Annual Parish Meeting on March 16 was postponed. Re-commencement of meetings will be announced on the website and via Parish Noticeboards.
- The Milford Preservation Group received a grant of £1000 towards River Bourne Island restoration project
- PC received a report from the Castle Hill Country Park Ranger. Scrub clearance completed by the scouts [page 22](#). Progress reported on the mountain bike course, car park, paths, dog activity area and the orchard. The current CV crisis may delay some elements of work on the park
- PC agreed to undertake a programme of refurbishing street name signs. The work will begin in the Laverstock and Milford ward. Where possible signs that have faded will be repainted in the area's traditional white text on blue background style. A number of missing or damaged signs will be replaced with new ones later in the year
- Footpaths blocked by fallen trees can be reported directly to Wiltshire Council
- The Parish Council Annual Parish Meeting on 16th March was postponed until further notice.
- The Neighbourhood Plan School and Landowners Surveys have been completed and the information gained is being analysed. A Landscape Sensitivity Survey is underway to assess areas for possible housing development should Wiltshire Council allocate additional housing to our parish as part of their new Local Plan.
- From the Longhedge development, the first of three Community Infrastructure Levies of £7,108.76 has been paid to the Parish Council. The PC will take ownership of a strip of land between Old Sarum and Longhedge
- Play Areas across the Parish are closed in accordance with government guidance.

# Report on Parish Council Meetings

At the February meeting the Council awarded a grant of £1000 to the Milford Preservation Group for a project to restore part of the River Bourne in Milford. The project will be in two phases. First, to clear the island just below the mediaeval bridge and second, to restore the adjacent riverbanks.

The dire traffic situation in vicinity of Laverstock schools was briefly discussed. It had been hoped to raise the subject at a Community Area Transport Group meeting but this has been postponed. A Transportation Engineer had also said that this should be raised under the 'Taking Action On School Journeys' process, not through CATG. This is likely to delay action.

With the new care home at Longhedge under construction, the Clerk reported that the first tranche of Community Infrastructure Levy had been received from this development. It was just over £7000 and can be used for improvements to the infrastructure of Longhedge village.

Cllr Baker introduced a detailed and comprehensive report on the refurbishment and repair of Street Name Signs in Laverstock and Milford. His proposals gained the support of the Council and a start would be made on repainting some signs. He would investigate the cost and source of funds for new signs. The standard of Street Name Signs has deteriorated over the last few years due to the lack of funds at Wiltshire Council. Councillors were asked to investigate and quantify the problem in other parts of the Parish.

The Clerk announced that, following an agreement on the specification; an order had been placed for two new bus shelters at Bishopdown. They would be on Salisbury Reds route R2. The first on Sycamore Drive near the school and local centre, the second on St Thomas Way near St Luke's Close.

Finally the Chairman offered the thanks of the Council to the retiring Assistant, Mr Barry Stay, who has done sterling work for the last 3 years.

The March Annual Parish Meeting and Council Meeting were both cancelled at short notice due to the Coronavirus situation.

As this Newsletter goes to press new emergency regulations have been introduced to permit Councils to hold meetings remotely by video or telephone conferencing. At the same time a lot of the strict legal deadlines for decisions and votes have been relaxed. The Council has yet to make a decision on how it will comply with these new regulations. Please look at our website and notice-boards for more information.

## PLANNING APPLICATIONS

*The following Planning Applications have been submitted in the Parish since 1st February 2020. Italics after the application show the Parish Council response. Bold print shows a decision by Wiltshire Council.*

### DECISIONS

19/11119/FUL. Vary approved design S/17/03564/FUL, cropped hip to full gable, change from gable window to opening outward doors and addition of a roof terrace. 23 Potters Way, Laverstock. Revised plans consultation. New objection consultation. *SUPPORT WITH CONDITIONS.* **APPROVED**

19/11819/FUL. Erect a PVCU conservatory to side of property. 51 Norman Drive, Old Sarum. *NO COMMENT.* **APPROVED**

19/11836/ADV Consortium Sign for Bovis Homes/Linden Homes Beehive Roundabout A345 *NIL RESPONSE.* **REFUSED**

19/11910/VAR. Variation of Condition 3 of 14/05719/FUL (Change of use from B1, B2, B8 to Class D2 with conditions) to allow another use within Class D2. Unit 2, Sarum Business Park, SP4 6FB *SUPPORT.* **APPROVED**

19/12131/FUL. Rear two-storey extension, proposed area of block paving for car parking, proposed extension of existing dropped kerb. Cranbrook, Laverstock Park, Laverstock. *NO COMMENT.* **APPROVED**

20/00522/TPO. Work to TPO Trees. 9 Green Lane, Ford *NO COMMENT.* **APPROVED**

20/00648/TP0. Work to TPO trees. Cranbrook, Laverstock Park, Laverstock. *SUPPORT.* **APPROVED**



## Planning Applications cont.,

### NEW APPLICATIONS

19/09041/FUL. Proposed roof conversion, ground floor internal alterations and rear extension. 14 Greenwood Avenue, Laverstock. *NO COMMENT.*

20/01204/FUL. Erect 3 Bed Detached Dwelling. Cranbrook, Laverstock Park, Laverstock. *OBJECT WITH REASONS*

SHA/23352 Appeal by Caducifer Medical Services against the refusal of permission to establish a pharmacy at Knights Court, Old Sarum

20/01670/TPO Work to TPO Trees at Greentrees Infant School *SUPPORT*

20/1923/TPO Work to TPO Trees Public Footpath behind Bundy Lane, Green Lane, Bishopdown *SUPPORT*

20/02148/FUL Single storey extension 16 The Avenue, Laverstock

20/02158/ADV Illuminated Fascia Signs to East and North Elevations, Happy Days Nursery, Rhodes Moorhouse Way, Longhedge

20/02197/TCA Work to Trees in Conservation Area. Southside Court, Old Sarum *SUPPORT*

20/02225/FUL Two storey front and side extension 63 Silverwood Drive, Laverstock *NO COMMENT*

20/02379/PNTEL Install Telecommunications Base Station London Road, Bishopdown *NIL RESPONSE*

20/02585/TCA Work to Silver Birch in Conservation Area. 5 The Close, Old Sarum

### Congratulations!

to 5yr old Maisie – winner of our Easter Competition!

An Easter basket of Goodies was delivered by the Easter Bunny



# NEIGHBOURHOOD PLANNING

## Parish Neighbourhood Plan

In the previous edition of the Newsletter, we updated you on the results of surveys of residents and local businesses, which have been undertaken as part of the preparation of our Parish's Neighbourhood Plan. Two further surveys have been carried out - one among school students at the three local secondary schools (Wyvern, St Edmund's and St Joseph's), the other among local landowners. The information gained is currently being assessed. A landscape sensitivity assessment has also been commissioned.

### School Students' Survey

The aims of the school students' survey were to ascertain their views on the location of their school and on local facilities, which local green spaces they valued and their views about the future of the parish, including housing and energy conservation. In addition, questions were included on how they travelled to and from school and the reasons for the mode of travel used. We had hoped for a broad scope of replies incorporating views from years 9 to 11 (13 -16 year olds). However, of the 136 students who completed the online survey, almost all were from Year 9 (13-14 year olds).

### Landowners' Survey

The aims of the landowners' survey were to improve our understanding of the ownership of land within the parish not currently developed for residential or commercial use, and to ascertain land owners' plans (and associated issues) relating to future development, of their land, landscape character, biodiversity, public access and renewable energy generation. A questionnaire was sent to all local landowners who could be identified from Land Registry records. The responses received cover most of the undeveloped land in the parish.

### Landscape Sensitivity Assessment

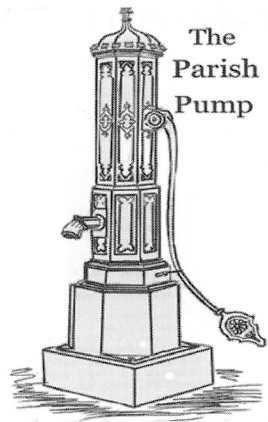
The aim of this study is to identify and analyse the potential impact of further development on the landscape of the parish. This assessment will be particularly important should Wiltshire Council allocate additional housing to our parish as part of their new Local Plan. To this end a professional landscape architect has been commissioned to undertake this assessment, which is expected to be completed by early April.

KM

*If you wish to contact the Neighbourhood Plan Team, why not use the 'Contact Us' facility on the Neighbourhood Plan website at [www.lfcnp.co.uk](http://www.lfcnp.co.uk).*

# PARISH PUMP

*The Parish Pump was the one place in the community where residents could gather to collect water and listen to gossip. The Parish Pump was the parish newsletter of its time. Parish Pump never speaks on behalf of Councillors or Officers. Comments made in this column are entirely the observations, sometimes whimsical, sometimes cutting reflections of the Parish Pump, which after all, is still the life-blood of the community.*



## **FOR THE RESIDENTS OF CHURCH ROAD THE TORMENT OF SCHOOL TRAFFIC GOES ON DAY AND NIGHT...**

What is it makes normally law abiding citizens, mostly parents of schoolchildren; behave like criminals when driving along Church Road to the schools? Dangerous driving and illegal parking are normal behaviour. The long suffering residents of Church Road in Laverstock had a torrid time in February when two of the schools decided to have a Parents Evening at the same time. This part of the Parish regularly grinds to a standstill twice a day, five days a week. With reckless determination car drivers park, bumper to bumper on kerbs, grass verges, pavements, yellow and zig zag lines. With cars parking on both sides of the road some drive along the verges to avoid the obstruction. Witnesses have seen a child directing traffic on the road. Some householders have taken to putting out their rubbish bins to obstruct verge-parking. The Parking Services Manager at Wiltshire Council says Yellow lines are enforceable. A penalty charge notice can be enforced! We have just bought two cameras but we can't use them yet. Doing our best! The police, when approached said. It's not a new problem! The four schools with over 1000 pupils and 261 staff have a coordinated Travel Plan held by WC and last updated in 2010. Objectives and targets were set by the schools but there is little evidence to suggest that any significant progress has been made to ease the daily gridlock.



## PARISH PUMP cont.

'We have no responsibility for traffic on the highway' say the schools. 'Just because it's parents of pupils doesn't make it our problem.' Not difficult to see conflict between school's welfare of pupils and staff on the one hand and what steps would improve the lot of residents of Church Road. *But your travel plans make matters worse, even though they're out of date, declare the residents. Having a variety of start and finish times only spreads the congestion misery over a longer period. It does nothing to reduce it! We've let the buses come on site, say the schools. We can't do more.*

Parish Pump thinks: everyone has to make a sacrifice. Residents already do much. Police might be encouraged to defend the law. Teachers might offer to park in the Park and Ride on Southampton Rd and then use the 145 parking spaces on the campus to accommodate the parents who presently park illegally on Church Rd.

PP



*click on the logo to go to website*

### The new national creative arts competition for over 70s stuck at home because of Coronavirus

We have launched the King Lear Prizes to encourage ordinary people, who have never been published before and are not professional writers, musicians or artists, to create new works of literature, poetry, music and art during the time they are quarantined.

As you will remember, King Lear went increasingly mad during Shakespeare's play. Perhaps entering the King Lear Prize competition will stop you doing the same in quarantine!

The short-listed and winning submissions will be made public on this website



### Missing the Great Outdoors?

"Fields in Trust" is a charity that can bring the Parks to you, offering you a

virtual tour of the UK's much loved open spaces. Check them out at:

[www.fieldsintrust.org](http://www.fieldsintrust.org)



Map of Cocky Downs see page 13



# On the Downs

Wiltshire Wildlife Trust's Cockey Down nature reserve is a rectangular slice of chalk downland situated along the chalk ridge overlooking Laverstock and Bishopdown. Visitors making the climb up the steep slopes to the reserve will be rewarded with far-reaching views of the Salisbury Cathedral spire and the surrounding countryside. The nature reserve, which is just under

seven hectares in size, forms the northern part of a Site of Special Scientific Interest designated due to its rich variety of chalk grassland flowers. There is archaeological evidence of Early Bronze Age and Iron Age occupation nearby and there are substantial lynchets (terraces) across the down, features that indicate that most of the down would have been ploughed in the late prehistoric and Roman period.

Cockey Down is best visited from late spring through summer when visitors will enjoy a succession of colour; fragrant and pyramidal orchids like vibrant jewels in the grass, sunshine yellow horseshoe vetch, pink squinancywort and pale lilac small scabious, followed by a purple haze of Devils-bit scabious later in the season. In sunny weather butterflies on the wing can be observed including chalkhill blue, marbled white and the strong-flying dark green fritillary.

The rare hornet robberfly is large and brown with yellow bands, mimicking the colours of a hornet. A predatory fly, the hornet robberfly catches smaller insects on the wing. It breeds in cow dung, but only if no insecticide has been used, a factor that has led to its widespread decline. Yellowhammer is the quintessential downland bird and can be heard singing for "a little bread and no cheese" from hawthorn bushes in spring. Buzzard are often seen soaring and wheeling overhead, with kestrel hovering, almost hanging in the air over the reserve, scanning for voles in the grass tussocks.

## How can you help?

If you are taking your daily walk on the nature reserve please submit sightings to Wiltshire & Swindon Biological Records Centre

- <http://wsbrc.org.uk/wildlife-recording/submit-records/>

If visiting with a dog please remember to keep it on a lead at all times to avoid disturbance to wildlife and livestock worrying.

- Please pick up and bag your pets poo and take it away. Dog fouling passes on disease to cattle and people, and it is bad for wildflowers.

We will be looking for volunteers to help with scrub management at Cockey Down in the autumn.

Please sign up later in the season here:

- <https://www.wiltshirewildlife.org/forms/volunteer-application-form>

## For more information please contact:

Ashley White, Southern Reserves Manager, [ashleyw@wiltshirewildlife.org](mailto:ashleyw@wiltshirewildlife.org) / 07872 117383

# Spring Arrives at Whitebridge Spinney

Well, the river level has now dropped by about 10 inches (25cm) leaving a considerable amount of sticky mud along the river bank, which many dogs have been exploring, judging by the paw prints. However, there are lots of plants already shooting up to take advantage of the additional nutrients in the soil and using the generous Spring sunshine. Of the soft plant types the hemlock water dropwort is romping ahead, with irises, comfrey and water mint also plentiful. The irises usually produce their 'yellow flag' flower heads in mid to late May followed by the spikes of purple loosestrife. The trees meanwhile are covering themselves with beautiful fresh green leaves, the willows and horse chestnuts started to show colour a few weeks ago, now joined by the elders, hornbeams and hazels. The alders and poplars will follow now their catkins have fallen. Each day for the past 2 weeks brimstone butterflies have been about and also occasionally peacock butterflies seen in the sunshine (they like nettles for laying eggs). On the smart new non-slip Boardwalk (Big Thank You to the Parish Council) and with the current limited exercise opportunities there has been an increase in regular walkers, both with and without dogs. People are speaking to each other from a distance, though when somebody moves to let you through (at 2m or more spacing, of course). The birds in this locality are numerous and quite varied, there is always something moving around. Apart from the pigeons, there are now crows and magpies. These have become established in recent years because there is such an abundance of food supply for them and their young. Regular garden and woodland activity includes blackbirds, robins, wrens, chaffinches, great tits, blue tits and long tailed tits have all been busy pairing up and building nests. The dawn chorus is a noisy affair including very loud song thrushes. Occasionally we are lucky enough to spot a nuthatch, a tree creeper and a group of starlings rejoined the local collection 2 years ago, though no dunnocks have yet been seen this year. When listening to the local bird activity we can routinely hear more often than see great spotted woodpeckers, green woodpeckers, pheasants and chaffs. Water feeding birds regularly include grey herons, little egrets and occasionally a kingfisher zooming along above the river surface. As for birds of prey, there are daily visits by buzzards and red kites calling high in the sky from the Burroughs Hill and Clarendon direction; again encouraged by the plentiful animal and birdlife. Two kestrels were seen recently intimidating pigeons, although the kestrels were also mobbed by crows on the same visit. Last year one of the peregrine falcons from the Cathedral spire was seen overhead, later in the season when their young were probably consuming vast amounts of food, causing the parents to range more widely for supplies. Enjoy your Spring nature watching!

Sue Wight, April 2020



## Battling on!

In these “unprecedented times”, we are all living our lives in a different way than we are used to. Whilst we all knew it was eventually going to hit our shores, the rate at which our daily routines have had to change due to Coronavirus is extraordinary. The same applies to us all on the farm. We have obviously had to close the farmyard and with no visitors or students, and weddings, parties and events postponed or cancelled, our income has dropped dramatically. As our hens continue to lay, we are still able

to sell our eggs (whilst observing safe distancing) from the big barn twice a week — Tuesdays and Fridays, 10 – 12 o'clock. Our animals all still need feeding and looking after. The other day we calculated that we have over 250 animals and birds on the farm! In case you were wondering that is made up of: 4 Red Poll Cows (+2 calves), 4 Highland Cows, 3 Sheep, 2 Donkeys, 2 Miniature Donkeys, 2 Golden Guernsey Goats, 6 Pygmy Goats, 2 Kune Kune Pigs, 5 Rabbits, 5 Guinea Pigs, 3 Degus, 4 Turkeys, 2 Golden Pheasant, 2 Silver Pheasant, 3 Partridge, 6 Standard Quail, 7 Button Quail, 15 Mixed Bantam Chickens, 7 Guinea Fowl, 2 Diamond Doves, 10 Finches, 150+ Laying Hens and 1 Farm Cat! What a mixture! As always, our dedicated volunteers have stepped up to help us to feed and care for all the animals. We are extremely grateful to them all. We are all maintaining safe distances from each other and many are using this as their daily exercise! The farm is eerily quiet but it does enable us all to spend a bit more time making a fuss of the animals that are used to being made a fuss of by the public, as well as doing many odd jobs that we've been putting off!



In the meantime, we are getting the animals back out into the paddocks. Chris and Pongo, our big donkeys, have moved back out to the front of the farm. Our two new miniature donkeys, Bubble and Squeak, will be moving out soon, and we've moved our pygmy goats out to the old pig paddocks. They love all the space they now have and all the things we've put in for them to climb on. We also have two new Kune Kune piglets, Ruby and Peggy, who love having a good back scratch by our volunteers!

As with many other organisations, the future is uncertain for us. All we can do is keep going as best we can and hope that we can recover from this. We have tentatively moved Live@TheFarm to Saturday 19th September (to be confirmed nearer the time) in the hope that some semblance of normality will have returned — we will all need a good knees-up by then!

We've been asked by many lovely people what they can do to help. It currently costs us around £1200 per month to feed all the animals so we have set up a crowdfunding page to support us with these costs, to which donations would be very gratefully received.

Please only give if you can and only what you can afford.

<https://www.justgiving.com/crowdfunding/riverbournefarm>

All our very best wishes to you all, stay safe.

Sara-Jane Hancock,  
Education & Marketing Manager  
[River Bourne Community Farm](#)



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The University of the Third Age, or U3A, is a worldwide organisation whose aim is to promote and encourage lifelong learning drawing on the freely-given time and commitment of its members. It runs on an entirely volunteer basis and costs are minimal. There are over 400,000 members in the UK, broken down into over 1000 local organisations, and Sarum U3A, which meets in St Francis Church, already has many members living in Laverstock, Bishopdown, Old Sarum and Amesbury. There are three main threads to our activities. Firstly, we meet monthly for coffee followed by a talk by a guest speaker, secondly, we organise trips and visits – last year's highlight was a wine tour of La Rioja – and lastly, by far the biggest element of our programme, we run over 70 Activity Groups. These cover a vast range including archaeology, walking groups, languages, history, music appreciation, fair weather golf, and many more too numerous to list. Although much of our programme is suspended at the time of writing, certain Groups are using WhatsApp, Zoom or other social media to meet, and meanwhile forward planning continues. Members choose during the spring and summer months which Groups they wish to join for the year starting in September, and to this end we hold a Group Exhibition event where Group Leaders 'set out their stalls' for the coming year. This meeting, at which new members will be most welcome, is scheduled for Wednesday 20 May at 10 a.m, Covid-19 willing.

Our comprehensive website has full details: <https://u3asites.org.uk/sarum/groups>

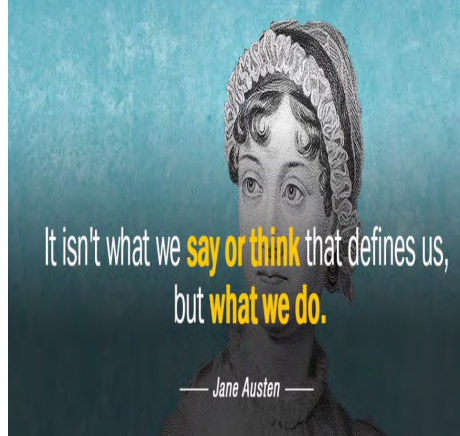
Tim MacMahon, 2 April 2020

## THE RESTORATIVE POWER OF AUSTEN

As well as being in lockdown with the rest of the UK over the past few weeks, I have been in the curious position of also being a lockdown activity myself. Along with three colleagues from the University of Southampton, I have been tutoring on a mass open online course (MOOC) 'Jane Austen: Myth, Reality and Global Celebrity'. It is free (always my favourite price) and guides learners through aspects of Austen's life, work and legacy via a variety of tailor-made tutorials, videos and external digital resources. This time we had more than two and a half thousand participants from all round the globe.

The combination of learning, thinking and being part of a world-wide virtual community is – thank God – a powerful restorative. The conversations on the message boards are always lively and interesting but this time there was a particular edge to the course. Although there is plenty of shade as well as light in Austen's novels, her writing has traditionally been a refuge during times of stress and uncertainty. So, although we were all there to learn about Jane, there was a sense that we were also immersing ourselves in a soothing fictional world as a cultural antidote to events elsewhere. The Jane Austen Society of North America recommended us as a lockdown activity so we knew we would have a number of participants joining us specifically as a virtual retreat from the pandemic. As a team, we made sure we referenced this – not frequently – but enough to acknowledge the external situation and to build a sense of community within the group.

We were also aware that some of our learners were frontline healthcare workers, using the course as a safe place to recuperate after finishing their shifts. Teaching Austen is always a privilege but to know that we were, in a small way, helping those who were (and are) putting their lives on the line, was a humbling experience. What Austen herself would think of being a refuge in times of trouble, we will of course never know. Although as an author who lived through the Napoleonic wars (with two brothers in the navy), was alive to the miseries of the slave trade and who herself suffered greatly during her final illness I feel she would be happy that her work has provided uplift and solace during a dark moment in world history.



Jane Austen: Myth, Reality and Global Celebrity will run next on 22nd June 2020 <https://www.futurelearn.com/courses/jane-austen>

Doctoral Research Student at the University of Southampton  
Convenor of the Gender and Sexuality Forum @Allie1Spencer/@GandSSoton



# OUT AND ABOUT IN THE PARK

## Castle Hill Country Park Update, April 2020

So we have gone from one of the wettest winters on record to now this. Luckily the contractors doing the paths and new car park were nearing completion before it all ground to a halt. There are a small number of jobs to finish which will have to wait until normal business resumes but all the paths are finished and usable (whilst keeping your 2m distance). The new car park on the Ford Road will also remain closed until post Covid.

There are a small number of jobs that can continue in the meantime which includes ground preparation to the land behind Greentrees Junior School for wildflower seeding, ground preparation for the dog activity area and sowing of the crop growing area which in the short term will be a wild bird mix until interest grows in a community crop growing initiative. Whilst the tractor is on site we hope to break up the large chunks of mud next to the new paths to create a finer tilth for vegetation to grow in.

We have completed all the planting we can now as the planting season has come to an end. We were desperate to get the first of the orchards in this winter but due to the flooding and now Covid-19 we are struggling to get our delivery of trees. It may be the case that both orchards will now have to be planted next winter. Overall, with the help of local volunteers, we have planted hundreds of trees and hedging plants across the site.

The new dog activity area has now been fenced for exercising dogs off lead and will shortly be seeded and have its own dog bin, benches and dog activity stations. Our digger driver will also be starting on the mountain bike course shortly and will be continuing on with the Iron Age themed play mounds on the top of the hill as the ground is now drying out.

Much of the other work planned is unfortunately on the back burner until we can get contractors, staff and volunteers back on site so please be patient with us and just enjoy the site with all its flourishing wildlife. We will have a limited presence on site so if you see anything unsafe or needing attention please email to let me know. Our volunteer sessions are also on hold until further notice.

[Philippacrooke@riverbournecommunityfarm.org.uk](mailto:Philippacrooke@riverbournecommunityfarm.org.uk)



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## **‘It was the Best of Times, It was the Worst of Times...’**

The news that schools were closing on Friday 20th March came as a big shock to everyone. The sudden realisation that we only had two days left of school, two days left of secondary education, and two days left to be with the family we'd become over the last five years was frustrating, students felt angry and upset at the unfairness of it all as if we were being stripped of everything we'd worked so hard for. It was suprising to notice just how much we didn't want to go. We wanted to stay at school because we just weren't ready to leave.

The last two days of Year 11 in Wyvern St Edmund's were full of tears, from both students and teachers. Walking around you could feel the restless atmosphere. It was comforting to know that everyone felt the same, and I don't think I've ever felt closer to both my classmates and teachers because we were all facing it together. The staff tried so hard to make the last day easier for all of us. They gave us opportunities to say goodbye properly and to thank our teachers; everything from signing and re-purposing our uniform to a video quickly put together of the students with messages from the staff. As the clock struck 2:50 that Friday, all of us piled out of the hall for what might be the last time. It was sad although I think we all understood that in giving up this part of our school year we could help to save the spread of C-19, and in years to come we could look back and know that it was the right thing to do. Just because it was the end of secondary school, doesn't mean it was the end of everything.

During the quarantine, my school has made strong efforts to keep in touch and make sure that we are keeping safe, fit, and healthy. Of course it wouldn't be Wyvern St Edmund's without them supplying plenty of 'revision tasks' as well but it's clear to see just how much the teachers care, with some of them even starting YouTube channels; like Mr Briggs who essentially prances around in a kilt and uses his dog as a weight in his workout videos. Without that contact we would feel completely detached and it does help to know that the school are thinking of us. We've also been promised that we will have our Prom Night. Some way, some how! I know that we're all looking forward to it. It's important to all of us that we have a proper send-off and a chance to be '*insert-name-of-your-school-here*' Class of 2020 - one last time.

On behalf of all the Year 11s across the parish, to all our teachers, head teachers, the canteen staff, site teams and admin teams, we'd like to say thank you. Thank you for making our time at school so enjoyable, the years have gone by too fast but we'll always remember them.

Lydia Brain, Outgoing Head Girl - Wyvern St. Edmund's Learning Campus



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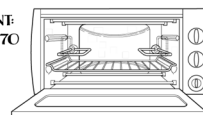
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## News from the WI

### LAVERSTOCK DISTRICT EVENING WOMEN'S INSTITUTE

At the January Meeting, Kay presented the usual business and Subscriptions for 2020 were collected. We were all entertained during the evening with fun activity games. They were presented by Corinne, Rick and Mike, who raise funds for charity and in 2020 they are supporting "Guide Dogs for the Blind". 13 action games, some needed luck, others skill, were enjoyed with friendly competition. The overall winner was Louise Whetstone with over 800 points and a Raffle completed an entertaining evening. The Figsbury Group held its New Year Party at Winterslow WI, who were also celebrating their 97th anniversary. We were entertained by Ian Austin with songs, stories and magic. A delicious tea completed a friendly afternoon.

In February, Steve Herra, a retired Cunard purser, told us about "Cunard and Glamorous Stars". His father and grandfather also worked for the company. He told us about the various ships and famous passengers carried by Cunard over the years. A long history from 1840 to the current day. In March we held the Annual Meeting. Because of the coronavirus this was a very small meeting.

The April and May meetings have been cancelled. After singing Jerusalem, the usual business was announced. Various reports were given, especially an amusing one by Secretary, Louise Hall, outlining past events. Outgoing President, Kay Griffiths thanked each committee member and described their roles to other members. The Committee was re-elected en bloc, and new officers appointed. President - Chrystabel Lambert, Vice President - Jill Kay, Treasurer - Kay Griffiths and Secretary - Louise Hall. After the business we all enjoyed a social evening.

Meetings are held on the 3rd Monday of the month, at 7.45 p.m. in Laverstock Village Hall.

We welcome visitors and further information can be obtained from Louise Hall on 01722 32654



# The Milk of Human Kindness

**You'll not be surprised to hear that the expression comes from Shakespeare's Macbeth**, and in the play, he puts a rather a negative connotation on it "Yet doe I feare thy Nature, it is too full o' th' Milke of humane kindnesse."

But all over the world good people are putting themselves forward to help those in need. In the UK, in one day over 400,000 people volunteered to help the NHS. Right across the Parish, residents are knocking on a neighbour's door to offer help. There are signs that people have come to accept and embrace the present situation.



Equally the guidance has been confusing and whilst our community spirit has risen to the call it hasn't been easy. "Keep off the Grass!" cried the Park Keeper as he locked the Park gates\*. Meanwhile at every Airport people have poured back onto home turf and piled into cars and taxi's with no socially distant protocol in place whatsoever. 'Don't touch your face,' said the nice lady as she licked her fingers before turning the page. It is a truth that as a nation we don't like being told what to do, echoes of Dad's Army and bullish Capt. Mainwairing have surfaced as we have all struggled to find our way through the mixed messages. Beyond all dilemma has lain the uncomfortable truth - how might it feel for someone at end of life not able to breath on one's own?

Who knew that simple 'soap' would be the front-line victor in it's ability to strip away the fatty layer of the single stranded RNA virus and initiate decay? Which brings us back somewhat tenuously to Milk... When it's all over things may never be the same but remember that what can be seen as a threat is also an opportunity. It is the Milk of Human Kindness which will see us through, with or without the help of politicians. Like soap Kindness has the power to disintegrate fear, soften suffering. When quarantine has passed, we may learn lessons from it all. Kitty puts it rather well:

*"And the people stayed home. And read books, and listened, and rested, and exercised, and made art, and played games, and learned new ways of being, and were still. And listened more deeply. Some meditated, some prayed, some danced. Some met their shadows. And people began to think differently. And the people healed, and, in the absence of people living in ignorant, dangerous, mindless, and heartless ways, the earth began to heal. And when the danger passed, and the people joined together again, they grieved their losses, and made new choices, and dreamed new images, and created new ways to live and heal the earth fully, as they had been healed"*

Kitty O'Meara

PP.

\* in accordance with Government Guidance

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Please call **01380 861155** and leave a message, your call will be returned within a few hours during working hours. Our operators are also delivering Personal Protective Equipment for Wiltshire Police across the County.

Our team of Stay Safe Online volunteers are available to offer telephone advice on a range of issues from improving cyber security awareness, to cyber and scam prevention advice and signposting to future advice and resources.

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# Laverstock & Ford Parish Council Contacts



## Laverstock & Milford Ward

### **James Dean**

Milford Farm, Milford SP1 1RJ  
Tel. 01722 335040

[jamesdean@laverstock-ford.co.uk](mailto:jamesdean@laverstock-ford.co.uk)

### **Derek Hayes**

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## Bishopdown Farm Ward

### **Lesley Waller**

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## Ford, Old Sarum and Longhedge

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**Parish Clerk: Andrew Prince** 3 Pilgrims Way, Laverstock, SP1 1RZ  
Tel. 01722 411847 Email: [parish-clerk@laverstock-ford.co.uk](mailto:parish-clerk@laverstock-ford.co.uk)

**Assistant to Parish Clerk: Trudi Deane** email: [truidedeane@laverstock-ford.co.uk](mailto:truidedeane@laverstock-ford.co.uk)

*Details of Councillors' interests & membership of parish council sub-groups, can be found on our website [www.laverstock-ford.co.uk](http://www.laverstock-ford.co.uk)*

### **Marti Hilliard**

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### **David Lovibond**

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### **Nick Baker**

2 Linden Close, Laverstock SP1 1PH  
Tel. 01722 238199

[nickbaker@laverstock-ford.co.uk](mailto:nickbaker@laverstock-ford.co.uk)

### **Should your name be here?**

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If you are reading this don't hesitate - get in touch with the Parish Clerk to find out more. *(It won't be anywhere near as onerous as you imagine!)*

### **Kevin Lynn**

9 Warneford Crescent, Longhedge SP4 6SB

Tel. 01722 446636

[kevinlynn@laverstock-ford.co.uk](mailto:kevinlynn@laverstock-ford.co.uk)

### **Alex Tucker**

11 Ashlands, Ford SP4 6DY  
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# Useful Contacts

## WILTSHIRE COUNCIL HELPLINES

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| Salisbury Community Engagement Manager<br>email <a href="mailto:marc.read@wiltshire.gov.uk">marc.read@wiltshire.gov.uk</a>               | Marc Read<br>01722 434557     |
| South Wiltshire Community Engagement Officer<br>email <a href="mailto:karen.linaker@wiltshire.gov.uk">karen.linaker@wiltshire.gov.uk</a> | Karen Linaker<br>01722 434697 |

## WILTSHIRE COMMUNITY POLICE TEAM

EMAIL for General Enquiries : [cptsouthwiltshire@wiltshire.pnn.police.uk](mailto:cptsouthwiltshire@wiltshire.pnn.police.uk)

Laverstock, Ford, Old Sarum and Longhedge - PCSO Jenny Moss  
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Milford - PCSO Hannah Cranham [hannah.cranham@wiltshire.pnn.police.uk](mailto:hannah.cranham@wiltshire.pnn.police.uk)

Bishopdown Farm, Hampton Park and Riverdown Park - PCSO Grace Akers  
[grace.ackers@wiltshire.pnn.police.uk](mailto:grace.ackers@wiltshire.pnn.police.uk)

Community Policing Co-ordinator - PC Rachel Gunn  
[rachel.gunn@wiltshire.pnn.police.uk](mailto:rachel.gunn@wiltshire.pnn.police.uk)

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## Outdoor Scavenger Hunt

COLLECT ALL OF THE FOLLOWING ITEMS IN A BAG OR BASKET. CHECK THE BOXES AS YOU FIND EACH ONE.

- ☐ 5 LEAVES THAT LOOK DIFFERENT
- ☐ A STICK THAT IS LONGER THAN YOUR HAND
- ☐ A ROCK WITH SPOTS ON IT
- ☐ A FLOWER
- ☐ A FLAT ROCK
- ☐ 10 BLADES OF GRASS
- ☐ SOMETHING YOU LOVE TO PLAY WITH
- ☐ A PIECE OF TRASH YOU CAN RECYCLE
- ☐ SOMETHING THAT IS BROWN
- ☐ SOMETHING THAT IS HEAVY
- ☐ SOMETHING THAT IS VERY LIGHT
- ☐ SOMETHING THAT NEEDS SUN TO LIVE
- ☐ AN ITEM SMALLER THAN YOUR THUMB
- ☐ SOMETHING THAT STARTS WITH "M"
- ☐ SOMETHING THAT SMELLS GOOD

Ready for snack? Make sure everything gets put back where it belongs!

## Indoor Scavenger Hunt

COLLECT ALL OF THE FOLLOWING ITEMS IN A BAG OR BASKET. CHECK THE BOXES AS YOU FIND EACH ONE.

- ☐ A TOY WITH WHEELS
- ☐ A BOOK WITH THE FIRST LETTER OF YOUR NAME IN THE TITLE
- ☐ A PAIR OF MATCHING SOCKS
- ☐ 4 THINGS THAT ARE GREEN
- ☐ SOMETHING VERY SOFT
- ☐ A TOY SMALLER THAN YOUR HAND
- ☐ SOMETHING ROUND
- ☐ A BOOK WITH NUMBERS IN IT
- ☐ 5 LEGOS THAT ARE ALL DIFFERENT
- ☐ A PHOTO OF SOMEONE YOU LOVE
- ☐ AN ITEM YOU CAN SEE YOURSELF IN
- ☐ AN ITEM THAT MAKES YOU FEEL COZY
- ☐ A TOY THAT HAS 3 DIFFERENT COLORS
- ☐ A MOVIE THAT HAS "S" IN THE TITLE
- ☐ YOUR SNUGGliest STUFFED ANIMAL

Ready for snack? Make sure everything gets put back where it belongs!

## Be a GameChanger

We know that self-isolating is tough for all of us, so download the GameChanger app on your smartphone to help dementia research. It requires people who don't have dementia to simply play games on your smartphone for five minutes a day, every day, for one month.

GameChanger is a research project led by University of Oxford and supported by Alzheimer's Society. The games are designed to test specific aspects of memory and thinking that are believed to be affected in the earliest stages of Alzheimer's disease.

For up to date information, our services and practical measures we can all take to protect people with dementia during the coronavirus crisis, please visit [alzheimers.org.uk](http://alzheimers.org.uk)

**BONALLACK & BISHOP**  
SOLICITORS

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**SALISBURY (General Legal Advice) Every Tuesday 5.15pm – 7pm**  
01722 422300 Rougemont House, Rougemont Close, Salisbury SP1 1LY

**AMESBURY (Family Law Only) Every Wednesday 2pm – 5pm**  
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Tim Bishop, Senior Partner

## Useful Contacts continued

### Wiltshire Councillors

**Ian McLennan**

For Laverstock, Ford & Old Sarum 01722 332233

47 Church Road, Laverstock, Salisbury SP1 1QY

Email [ian.mclennan@wiltshire.gov.uk](mailto:ian.mclennan@wiltshire.gov.uk)

 [@CllrIanMcLennan](https://twitter.com/CllrIanMcLennan)

**Derek Brown OBE**

For Bishopdown Farm 07967 343011

3 The Meadows, Salisbury, SP1 2SS

Email [derek.brown@wiltshire.gov.uk](mailto:derek.brown@wiltshire.gov.uk)

**Member of Parliament  
John Glen**

Constituency Office 12 Brown Street, Salisbury SP1 1HE

Phone: 01722 323050

Website: [www.johnglenmp.com](http://www.johnglenmp.com)

House of Commons [john.glen.mp@parliament.uk](mailto:john.glen.mp@parliament.uk)

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## Parish Council Meetings for May and June 2020

**Please check Praish Website and Parish Noticeboards  
for confirmation of meetings and venues**

Parish Council meetings are held in each of the parish wards to enable residents to have easy access to local meetings. Residents are welcome to attend and may address the council for up to three minutes before the start of the meeting.

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### Laverstock & Ford Parish Newsletter

**Copy deadline is Mon June 1st** *for next issue 182 July/August 2020*

The Editor reserves the right to edit articles for content and length

If you are a member of a local club or organisation, or have an unusual hobby which you think would interest your fellow residents, why not write a short article about it? Maybe you have a special event or celebration coming up that you would like to invite other residents of the parish to? You can include pictures which support the article. A full page is around 400 words a half page around 250. Articles can be sent within the body of an email or as a page or word document images/logos etc., should accompany as a medium to high res .png or .jpg or high res pdf

Email to [editor@laverstock-ford.co.uk](mailto:editor@laverstock-ford.co.uk)



[Laverstock and Ford Parish Newsletter](#)

**Laverstock & Ford Parish WEBSITE** [www.laverstock-ford.co.uk](http://www.laverstock-ford.co.uk)

# LOCAL CHURCHES

St. Andrews Church - Sunday Services

09.00 Breakfast@9 - breakfast and an hour with God 10.30 Communion

Parish Office: St Marks & St Andrews 07933 952171 [stmarkssalisbury@gmail.com](mailto:stmarkssalisbury@gmail.com)

The Personal Ordinariate of Our Lady of Walsingham at Holy Redeemer, Bishopdown  
Mass 11.00 every Sunday, Wednesday at 1830 Evensong 18.00 (2nd Sunday of the month)

Fr Keith Robinson 01722 504807 email [frkeithssm@yahoo.co.uk](mailto:frkeithssm@yahoo.co.uk)

Most Holy Redeemer, Fotherby Crescent, Bishopdown SP1 3EG  
Saturdays 18.00 with children's liturgy Wednesday 10.00

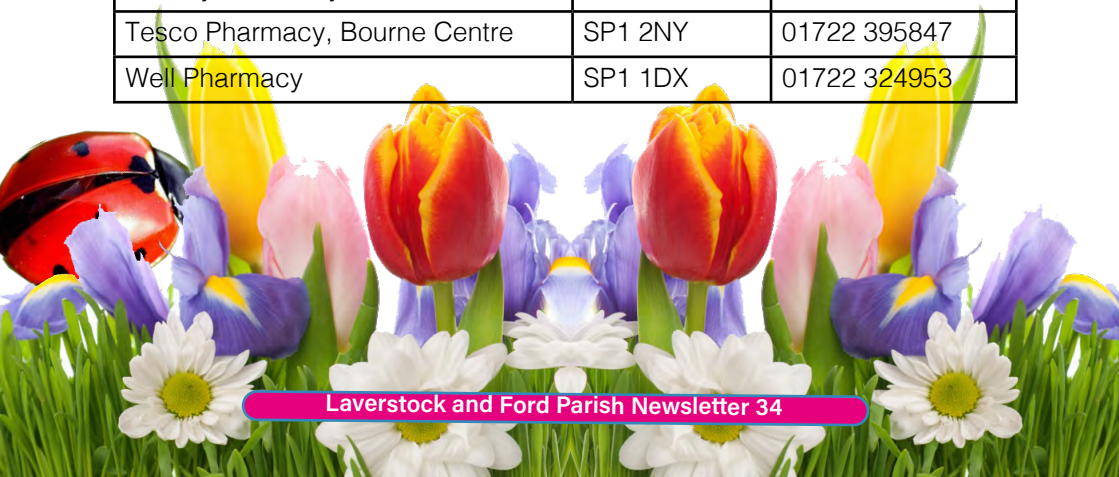
Canon Michael Fitzpatrick 01722 333581 email [office@salisburycatholics.org](mailto:office@salisburycatholics.org)

The Church of Jesus Christ of Latter-day Saints Old Sarum, Sunday 10.00 worship,  
Wednesday 1930 Youth Club



*\*a more in depth list is available on our website and in previous issues of our newsletter*

| LIST OF LOCAL PHARMACIES         | Postcode | Telephone    |
|----------------------------------|----------|--------------|
| Bishopdown Pharmacy              | SP1 3FF  | 01722 324462 |
| Boots - Salisbury                | SP1 2NG  | 01722 333233 |
| Lloyds Wilton                    | SP2 0HA  | 01722 742289 |
| Rowlands Pharmacy, Millstream    | SP1 3SP  | 01722 320520 |
| Rowlands Pharmacy, Harcourt MC   | SP2 7TD  | 01722 323250 |
| Rowlands Pharmacy, Pembroke Rd   | SP2 9DJ  | 01722 414055 |
| Rowlands Pharmacy, St Ann Street | SP1 2PT  | 01722 411775 |
| Sarum Pharmacy, Old Sarum        | SP4 6EB  | 01722 442786 |
| Superdrug, Salisbury             | SP1 2AG  | 01722 334142 |
| Tanday Pharmacy                  | SP2 7EF  | 01722 328288 |
| Tesco Pharmacy, Bourne Centre    | SP1 2NY  | 01722 395847 |
| Well Pharmacy                    | SP1 1DX  | 01722 324953 |





## Looking to let out your property?

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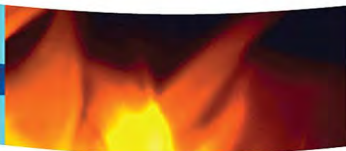


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[www.aquagassalisbury.co.uk](http://www.aquagassalisbury.co.uk)



# Contacts around the Parish

|                                    |                       |                                                                                |
|------------------------------------|-----------------------|--------------------------------------------------------------------------------|
| Air Cadets (Old Sarum)             |                       | 01722 320634                                                                   |
| Army Cadets (Old Sarum)            |                       | 07940 984886                                                                   |
| Bishopdown Farm Pre School         | Adam Reavill          | 01722 333181                                                                   |
| Bishopdown Farm Friendship Grp     | Marie Ryan            | 01722 324259                                                                   |
| Cafe on the Green Toddler Grp      |                       | <a href="mailto:owbemerton@gmail.com">owbemerton@gmail.com</a>                 |
| Cafe Craft Club                    | Angela                | <a href="mailto:cafeonthegreen@gmail.com">cafeonthegreen@gmail.com</a>         |
| Cricket Club                       | Paul Hemming          | 07970 960218                                                                   |
| Evergreen Club                     | Sandy Small           | 01722 321969                                                                   |
| Fitsteps                           | Jackie Edmett         | 07763 251153                                                                   |
| Flora Mundi                        | Mrs D Stevens         | 01722 335770                                                                   |
| GreenTrees Primary - Head          | Ray Picton            | 01722 340596                                                                   |
| Hampton Park Pavilion Bookings     |                       | <a href="tel:07810770655">07810 770 655</a>                                    |
| Laverstock & Ford Sports Club      | 01722 327401          |                                                                                |
| Laverstock Arts Group              | Fiona Forbes          | 01980 862368                                                                   |
| Laverstock Beaver Scouts           | Jane Waspe            | 01722 421287                                                                   |
| Laverstock Brownies                | Rachel Hope-Jones     | <a href="mailto:laverstockbrownies@gmail.com">laverstockbrownies@gmail.com</a> |
| Laverstock Cubs                    | Kate Knight           | 01980 622495                                                                   |
| Laverstock Explorer Scouts         | David Waspe           | 01722 421287                                                                   |
| Laverstock Gardening Club          | Jill Kay              | 01722 323407                                                                   |
| Laverstock History / Archaeology   | Bryan Evans           | 01722 320129                                                                   |
| Laverstock Ladies Open Group       | Iverene Hopkins       | 01722 500643                                                                   |
| Laverstock Scouts                  | Martin Smith          | 01722 339546                                                                   |
| Laverstock WI                      | Louise Hall           | 01722 326549                                                                   |
| Line Dancing (Mulepackers)         | Mike Sainbury         | 717800/340054                                                                  |
| Milford Preservation Group         | David Lovibond        | 01722 238852                                                                   |
| Mother's Union Afternoon Grp       | Heather Ludlow        | 01980 862758                                                                   |
| Neighborhood Planning              | 01722 339571          |                                                                                |
| Old Sarum Aviation Museum          | @BDACATOldSarum       | 01722 323636                                                                   |
| Old Sarum Beaver, Cub & Scouts     |                       | <a href="mailto:oldsarumscouts@outlook.com">oldsarumscouts@outlook.com</a>     |
| Old Sarum Community Centre         | Cathii Heslop         | 07712 229888                                                                   |
| Old Sarum Community Enablers       | Will & Sophie Burditt | 01722 237318                                                                   |
| Old Sarum Primary School - Head    | Mr John Jones         | 01722 410677                                                                   |
| OS & Longhedge Neighbourhood Watch | Ross Walker           | <a href="mailto:osnw2015@gmail.com">osnw2015@gmail.com</a>                     |
| Probus Club of Sarum               | Peter Matthews        | 01722 340508                                                                   |
| River Bourne Community Farm        |                       | 01722 330667                                                                   |
| River Bourne Farm Shop & Cafe      |                       | 01722 332749                                                                   |

|                                            |                        |                                                                                    |
|--------------------------------------------|------------------------|------------------------------------------------------------------------------------|
| Salisbury Medical Practice                 | Tanya McKay            | 01722 333034                                                                       |
| Sarum Bridge Club                          |                        | <a href="mailto:sarumbridge@gmail.com">sarumbridge@gmail.com</a>                   |
| St. Andrews -Friends - Chair               | Emily Wells            | 07841 907987                                                                       |
| St Andrews Primary School - Head           | Karen Walker           | 01722 503590                                                                       |
| St. Andres Toddlers - Chair                | Char Parfett / Zoe Roe | <a href="mailto:standrewtoddlergroup@yahoo.com">standrewtoddlergroup@yahoo.com</a> |
| St. Josephs - Head                         | Mrs R Ridley           | 01722 335380                                                                       |
| St. Josephs - Friends                      | c/o School             |                                                                                    |
| TA Centre Old Sarum                        | Capt. David Oliver     | 01722 438300                                                                       |
| The Duck Inn                               | Becki and Tim          | 01722 327678                                                                       |
| Wyvern St. Edmund's Learning Campus - Head | Mrs Nicola Bull        | 01722328565                                                                        |
| Friends of Wyvern St. Edmunds'             | c/o School             |                                                                                    |
| Yoga at Laverstock Village Hall            | Ruth Harris            | 01722 349830                                                                       |

### Community facebook groups and pages search for:-

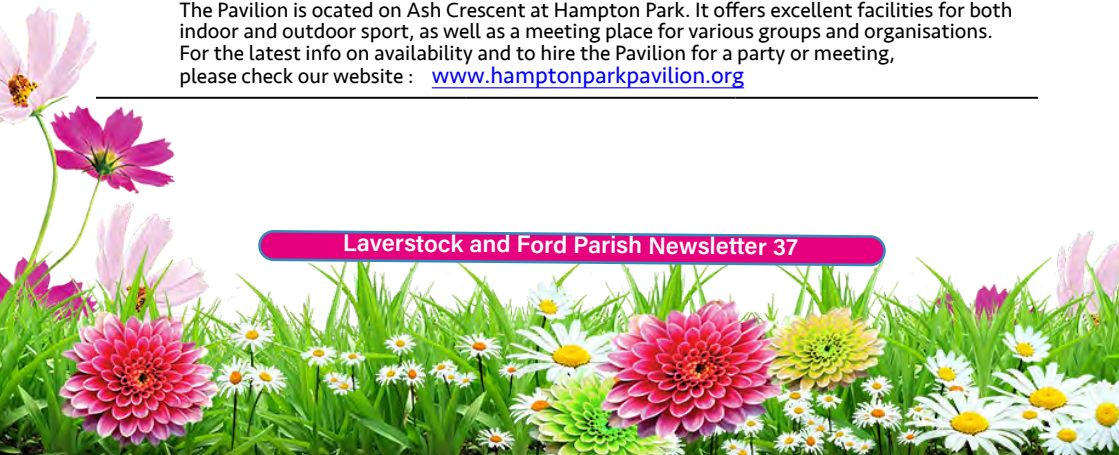
Ask a Salisbury Vet, Bishopdown Farm and Riverdown Park Community, Missing Dogs Salisbury page  
 Laverstock & Ford Community, Laverstock & Ford Residents, The Duck Inn  
 Laverstock and Ford Parish Newsletter, Longhedge Residents,  
 St Joseph's Catholic School, Laverstock Wyvern St Edmund's Learning Campus  
 Friends of Wyvern St Edmund's Learning Campus (link to group for uniform exchange)  
 Old Sarum & Longhedge Community, SOS - Save Old Sarum, Old Sarum Community Centre

### VENUES AROUND THE PARISH

**Laverstock & Ford Village Hall** Casual Hire Available  
 Contact Ian Haldane 01722 320879

**Old Sarum Community Centre** Casual Hire Available  
 Large spacious hall, seating 80+ people. Small hall which can be divided into two opened.  
 Commercial kitchen and facilities suitable for parties, wedding receptions and training. WI Fi  
 throughout the building.  
 Contact 07712 229888 [oldsarumcommunitycentre@gmail.com](mailto:oldsarumcommunitycentre@gmail.com)

**The Pavilion, Hampton Park** Casual Hire Available  
 The Pavilion is ocated on Ash Crescent at Hampton Park. It offers excellent facilities for both  
 indoor and outdoor sport, as well as a meeting place for various groups and organisations.  
 For the latest info on availability and to hire the Pavilion for a party or meeting,  
 please check our website : [www.hamptonparkpavilion.org](http://www.hamptonparkpavilion.org)



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## Advice from the Alzheimer's Society:

Seated exercises from the comfort of your own home are ideal for people who are staying in. They are aimed at building or maintaining muscle strength and balance, without being too strenuous. They can be part of a developing programme, with the number of repetitions of each exercise increased over time.

Some examples of seated exercises include:

- marching
- turning the upper body from side to side
- raising the heels and toes
- raising the arms towards the ceiling
- raising the opposite arm and leg
- bending the legs
- clapping under the legs
- bicycling the legs
- making circles with the arms
- practising moving from sitting to standing.

You could also try some home versions of your favourite sports, like ten pin bowling with plastic bottles, throwing socks into a laundry bin or create your own coconut shy from the fair ground.

Or why not set a dance alarm every few hours? Whether seated or standing, dancing is a great way to move your body in any way you can without it feeling like physical activity.



## Routine is key

We know that people with dementia are worried about losing their routine. Developing a daily routine will make staying at home easier, as it can help people with dementia know what to expect on a given day and feel less anxious.

With so many things changing on a frequent basis, we recommend putting a regular and manageable schedule in place - if you are living with dementia and find you feel better at certain times of the day, try to arrange activities for then. Also take things one step at a time - try to focus on one thing at a time and break each task down into smaller steps if you need to.